



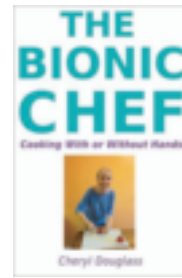
Friendship Heights

VILLAGE NEWS

MAY 2016

301-656-2797

VOLUME 31, NO. 5



Cheryl Douglass, page 4

A summertime repose at the Tides Inn

Escape the Washington summer for the gentle breezes of the Tidewater region of Virginia as we travel to the Tides Inn for a three-day retreat **July 11—July 13**. The Tides Inn is a three-hour drive but a world away from Washington.

This entire trip is about taking it easy. We'll depart from the Village Center at 10:30 a.m., stop in Fredericksburg, Va., for lunch (on your own), then arrive at the Tides Inn in time to enjoy the late afternoon breezes and dinner. That afternoon, we'll check into the Tides Inn and Resort for two days featuring fine cuisine and hospitality, Tidewater style.

That evening we'll savor regional American cuisine overlooking Carters Creek in the resort's renowned Chesapeake Club. Later you can enjoy evening activities in the game room or just relax by the water before settling in to your deluxe guest room offering waterfront views of Carters Creek and lush gardens. The next morning



enjoy breakfast at the Tides before you partake in any of the numerous activities. You may choose to bike, kayak, crab, enjoy a round of golf at the complimentary par 3 course, or just relax. There is also a world-class spa on the property if you need a little pampering. If you'd like to explore the surrounding area, you can go into the charming town of Irvington, just a few minutes away. There you'll find quaint shops, lovely restaurants and even a museum devoted to the steamboat era.

That evening, we'll board an oyster boat, the *Faded Glory*, for an hour-long sunset cruise along Carters Creek. Then you're on your own for dinner. You may choose to dine at the resort or go into Irvington for dinner. The cost of the trip, which includes round-trip transportation, deluxe accommodations for two nights, two breakfasts, one dinner, a cruise aboard the *Faded Glory*, and all taxes and gratuities, is \$575 per person based on double occupancy if you sign up by May 14. The cost is \$599 per person based on double occupancy for sign-ups after May 14. The single supplement is \$200. A deposit of \$300 is due at sign-up. This is fully refundable until May 14. The balance is due June 14.

Sign-ups begin immediately for Village residents. Nonresidents may sign up beginning May 5. There are 26 spaces available.

Nurturing young artists at our summer camp

Don't miss out on the opportunity to treat your child to a week of activities designed to stimulate their creativity.

Our annual children's summer art camp, run by curator Millie Shott, will take place **Monday, June 27, through Friday, July 1, from 9:30 a.m. to 1 p.m.** daily at the

Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week.

In addition to painting, the children will create projects including fused glass, pottery, origami, Chinese brush and more. The campers also

learn about various artists and art forms during a daily art appreciation session. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up at the Village Center. For more information, call the Village Center at 301-656-2797.

Twin Springs returns, see calendar page

Does the Village need a 'Village?'

Fill out the questionnaire!

Volunteer-based "Villages" provide a variety of services to meet the needs of seniors and adults with disabilities across the country, with 24 here in Montgomery County. A Friendship Heights exploratory committee has been formed to see if there is a need here and if there are volunteers willing to occasionally provide services such as transportation to medical appointments.

To answer these questions a short, one-page questionnaire is available. If permitted by your building, copies have been put under doors of apartments. If not, you can find a questionnaire in the "information rack" at the Friendship Heights Village Center, as well as on

the Village website: www.friendshipheightsmd.gov. The deadline for completion is May 27. The committee will let the community know the results.

For more information, contact Constance Row, of the Exploratory Committee, constancerow@comcast.net.



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Friendship Heights VILLAGE NEWS

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Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING
The deadline for reserving space for the June issue is May 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Julian P. Mansfield

Village Council Update

Progress on Village Center renovations

The Council's Capital Improvements Committee will meet on **Tuesday, May 3, at 5:30 p.m.**, at the Village Center. Mike Poness, of Walton Madden Cooper Robinson Poness, will present revised plans and seek final design approval for the proposed renovations. The Committee's recommendations will then go to the full Council for approval at the May 9 meeting. We will then advertise for bids for a Council vote on June 13 so the work can begin after July 4.

The Center will get an updated look, with an emphasis on increased accessibility and energy efficiency. This will include a total rebuilding of the restrooms and kitchen, new lighting, and replacement of all flooring in the hallways. The auditorium will be fully renovated with new flooring, new sound control panels, and a new moveable partition, in addition to new lighting.

Due to the complexity of the work, there will likely be a period of time when the building will not be available for use. Once the work is completed, however, the Center will emerge lighter, brighter, and considerably more functional. We will provide regular updates as the work progresses.

Village awarded \$100,000 for renovations



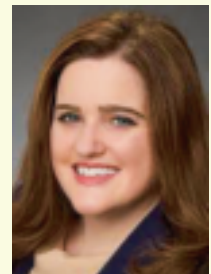
Sen. Susan Lee



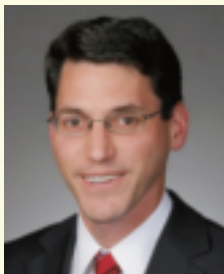
Del. Bill Frick

We are happy to announce that due to the efforts of our District 16 delegates, the Village has been awarded \$100,000 to assist in the costs of renovating the Village Center.

When State Comptroller Peter Franchot visited the Center last fall, he told us that each year the state sets aside money that may be available to fund projects such as the one we were planning. Staff



Del. Ariana Kelly



Del. Marc Korman

immediately approached our state delegates who agreed to assist us.

A sincere thank you to Senator Susan Lee and Delegates Bill Frick, Ariana Kelly and Marc Korman.

Nominations still open for Scull award

There is still time to submit a nomination for the Elizabeth Scull Outstanding Community Service Award. The Council will consider nominations and make a final de-



Elizabeth Scull

cision at the May 9 Council meeting.

Elizabeth "Betty" Scull was a Montgomery County Council member in the 1970s who became an active member of the county's first housing authority. She was known as the "conscience of the Council" because of her interest in helping the less fortunate, particularly in the area of housing opportunities.

Please forward the names of any suggested nominees to Julian Mansfield, Village Manager, at jmansfield@friendshipheightsmd.gov, or call 301-656-2797. You can nominate an individual or a group for the award.

New Village website to be launched

As this issue goes to press, we are about to launch the updated Village website. The web designers have been working closely with staff and have incorporated input from the Council Communications Committee. The home page and interior pages have been redesigned to provide an updated look. Our web address will stay the same, www.friendshipheightsmd.gov.

More properties purchased at Parcel 6

At the April 11 Council meeting, Chairman John Mertens gave a report on recent property sales at Parcel 6, based on information provided by Sean Moaadel of Moussa Moaadel Realtors. Since the sale of the pink house at 4607 Willard Avenue last December, the Chevy Chase Land Company has purchased four units at the 4600 North Park Avenue office building.

Proposed changes to Chevy Chase Center available online

Following Miti Figueredo's presentation to the community on April 7, the Chevy Chase Land Company has filed limited site plan amendments with the County Planning Board. The Land Company is seeking approval for modifications to the public use and amenity space and on-site pedestrian and vehicular circulation.

You can see the complete filing of the amendments on our website, www.friendshipheightsmd.gov. Look under What's New and you will see a link to view or download.

Council actions at the April 11 meeting:

- Appointed David Cohen, Christopher Mullaney, and Vike Vicente to the Community Advisory Committee.
- Approved extension of lease with tenant at 4602 North Park Avenue.

Tea and Talk: The Bionic Chef

Village resident and retired teacher Cheryl Douglass lost both hands and feet to a necrotizing and potentially fatal blood infection in 2008. She had learned to love cooking while living in France years before her illness and longed to get back in the kitchen. With the help of a friend she developed techniques that helped her prepare dinner for six — and also win back her independent lifestyle.

She will discuss her cookbook, *The Bionic Chef: Cooking With or Without Hands*, at the Village Center on **Wednesday, May 18, at 2 p.m.** Come and hear her incredible story and also learn some time-saving cooking techniques and shortcuts.

Cheryl was shopping at nearby Bloomingdale's on her birthday in 2008 when she began to feel ill. She thought it was the flu, but within several days she was in the hospital, on machines and in a coma. Group A Streptococcal blood infection was the diagnosis. Doctors told her family to expect the worst. The antibiotics began to work and her condition stabilized, but not before limb tissue had died and the only way to save her life was amputation.

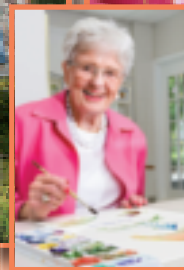
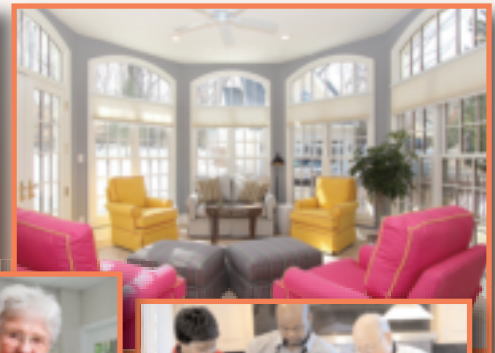
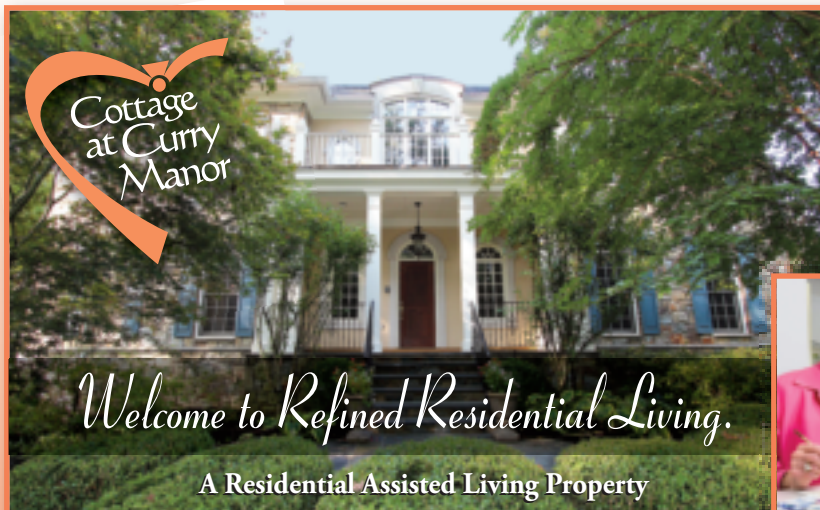
Over the next few months, she couldn't move or speak or swallow. She suffered more infections and illness including pneumonia. When she was moved to National



Rehabilitation Hospital, she couldn't sit on the edge of her bed. After a few weeks of therapy, she was moving around the facility in a wheelchair. Her Friendship Heights Village neighbors now often see her walking briskly up and down our hills and putting more than the recommended 10,000 steps on her Fitbit.

Cooking was always Cheryl's passion, and she worked to get back to the kitchen with the same determination she'd shown while learning to walk again. Along the way she learned some practical tips and created some delicious recipes she can share with everyone.

Copies of the cookbook will be available for sale. After the program, please stay for tea. Call 301-656-2797 to register.



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The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

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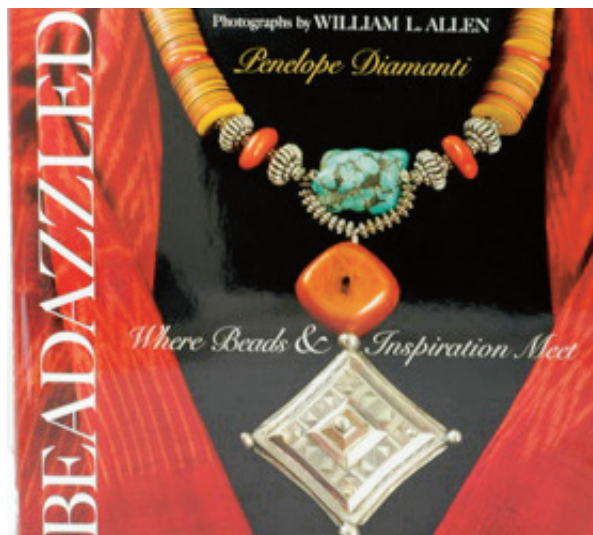


Taking your hobby to a new level

Beadazzled owner discusses how to start a business

Learn the basics and beyond on how to start making money from your craft during a three-hour workshop **Saturday, May 14, from 9:30 a.m. to 12:30 p.m.** at the Village Center.

The workshop, taught by Penelope Diamanti of Beadazzled, a bead business with locations in Dupont Circle and Falls Church, is designed for bead artists, but almost all the material covered will be equally useful for any maker who wants to sell his or her work. This session helps you define and describe your work and your target market or dream customers. This exercise will focus your efforts to discover your niche and guide your marketing efforts. You'll also learn how to stay out of trouble with the tax and legal authorities by properly registering your business with just two simple forms. Penelope will also discuss how to choose, register and protect your trade name. You'll get practical tips on how to manage your time, your studio space, and your inventory, and more to get started on the road to a successful small business. Bring your questions, examples of your work, or anything else you want to share or get feedback on. Penny Diamanti has been successfully selling her jewelry in



many different kinds of venues for decades and will share hands-on experience about all aspects of running a thriving handmade business.

The cost of the workshop is \$39. Sign up at the Village Center by May 8. The minimum number of students is 6; maximum is 15. The minimum age is 13.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program.

Thursday, May 5, 7 p.m. — Movie— *Concussion* — In Pittsburgh, accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play. Stars Will Smith, Alec Baldwin and Albert Brooks. Rated PG-13. Running Time: 123 minutes.

Thursday, May 12, 7 p.m. — Movie — *The Lady in the Van* — A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway. Stars Maggie Smith, Alex Jennings and Jim Broadbent. Rated PG-13. Running Time: 104 minutes.



Thursday, May 19, 7 p.m. — Movie — *Brooklyn* — An Irish immigrant in 1950s New York falls for a tough Italian plumber, but faces temptation from another man when she returns to her homeland for a visit. Nominated for three Academy Awards including Best Picture and Best Actress. Stars Saoirse Ronan, Emory Cohen and Domhall Gleeson. Rated R. Running Time: 124 minutes.

Thursday, May 26, 7 p.m. — Movie — *The Letters* — A drama that explores the life of Mother Teresa through letters she wrote to her longtime friend and spiritual advisor, Father Celeste van Exem, over a nearly 50-year period. Stars Juliet Stevenson, Rutger Hauer and Max Van Sydow. Rated PG. Running Time: 114 minutes.

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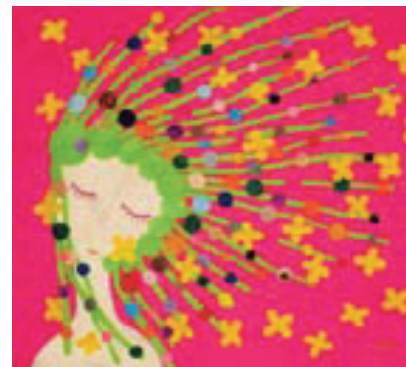
Fiber art on exhibit this month in the Friendship Gallery

The G Street Doll Club, the NeedleChasers of Chevy Chase and felt artist Keira An will exhibit in the Friendship Gallery during May. The work of the G Street Doll Artists is nationally known and always a hit at the Village Center. These dolls are sophisticated works of art and all are delightful. NeedleChasers of Chevy Chase is a guild of quilters who meet regularly to share their love of quilting, to learn from one other, and to contribute to the community. The title and theme of their exhibit is "Quilting Green: Traditions Grow in New Directions." Each quilt is a personal interpretation by the quilter. Keira An has been creating felt art for five years.



Above, quilt by Kim Kellman

The show runs from May 2 to June 4. The public is invited to meet some of the artists at a reception on **Sunday, May 15, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m.



Above, felt art by Keira An

and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing. Please check with the front desk receptionist when you arrive. All sales of art are final.



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Friendship Heights
Village Center



Calendar
of Events

2016

| MAY | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 2 7:30 a.m.: Depart for Charleston 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Mah Jongg 1 p.m.: Strength Training with Tonya | 3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 5:30 p.m.: Capital Improvements Committee Meeting 7 p.m.: Pilates | 4 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Concert:Tales in the Village featuring Ellouise Schoettler | 5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Concussion | 6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.:Basic Photography 11 a.m.: Children’s Dance Recital |
| 8 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 9 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Caregivers Support Group 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING | 10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Appreciation 7 p.m.: Pilates | 11 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Catch Your Z's With Ease 7:30 p.m.: Concert: Mini-Musicals on the Move: Oklahoma | 12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Woman in the Van | 13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Craft Business Workshop 10:30 a.m.: Basic Photography |
| 15 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception | 16 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Caregivers Support Group 7 p.m.: Cafe Muse | 17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 - 4 p.m.: Tea 6 p.m.: Music Appreciation 7 p.m.: Pilates | 18 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: Cheryl Douglass 5:30 p.m.: Program Advisory Committee meeting 7:30 p.m.: Concert: Kinor Dance Company | 19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Brooklyn | 20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography |
| 22 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 23 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Mah Jongg 2:30 p.m.: Acrylic or Oil Painting | 24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates | 25 10:15 a.m.: Yiddish 12 p.m.: Chess group 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee meeting 7:30 p.m.: Concert: Friday Morning Music Club | 26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Letters | 27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs |
| 29 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga with Robin | 30 Memorial Day Center open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training Shuttle bus runs on weekend schedule | 31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates | | | | |

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Produce market returns to Village this month

Twin Springs Fruit Farm will set up its market on **Saturday, May 7, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday until Dec. 17.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, bok choy, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!





CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART, MUSIC AND GAMES

ABSTRACT PAINTING

A 7-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., May 13 – June 24. Class focuses on non-objective painting. Bring your existing materials and paper or canvas to first class. Prior painting experience recommended. Email Joan with questions at samworthj@aol.com. Maximum number of students is 12. The cost is \$130 for residents; \$140 for nonresidents.

ACRYLIC OR OIL PAINTING (Day)

A 6-week course for all skill levels, taught by Doris Haskell, Mondays, 2:30 to 4:30 p.m., May 9 – June 20. Cost is \$40 for residents; \$50 for nonresidents. Class will not meet May 30. ***Note—dates have been changed since the April newsletter.**

ACRYLIC OR OIL PAINTING (Evening)

A 6-week course for all skill levels, taught by Doris Haskell, Thursdays, 6:45 to 8:45 p.m., May 19 - June 23. \$40 for residents; \$50 for nonresidents. ***Note—dates have been changed since the April newsletter.**

ALL IN THE EYES

A 4-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., June 1 to 22. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. This class will hone the

skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$50 for residents; \$55 for nonresidents.

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Mondays, 1 to 3 p.m., May 2 — June 13. The instructor, Robin Dinerman, will provide games and cards. Call Robin at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes \$9 for materials). Minimum number of students is 6; maximum is 9. Class will not meet May 30.

MUSIC APPRECIATION

Previously scheduled in February, this class is titled “Mozart and Beethoven” and taught by classical pianist Smriti Hakkarinen. The 2-week class will be held May 10 and 17; Tuesdays, 6 to 7 p.m. Explores the development of piano music during the Classical period (1750 – 1820) and focuses on the piano music of Wolfgang Amadeus Mozart, and Ludwig van Beethoven’s cycle of 32 piano sonatas (the “New Testament” of music). Lectures will be supplemented by guided listening and discussion. No previous background required. \$40 for residents; \$45 for nonresidents.

STILL LIFE PAINTING

A 7-week course taught by Joan Samworth, May 12 – June 23. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color

pencil. Supply list will be handed out first day of class. Meets Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please). The cost is \$130 for residents; \$140 for nonresidents.

EXERCISE AND FITNESS

BALANCE, MOVEMENT AND MEMORY

A 4-week class, Fridays, 10:30 to 11:30 a.m., May 27 – June 24. Learn exercises designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents. Class will not meet June 10.

BALANCE AND COORDINATION

A 4-week class, Tuesdays, 1 to 1:50 p.m., May 31—June 21. The class will focus on simple exercises that improve overall balance. \$45 for residents; \$50 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

A 5-week class, Wednesdays, from 11 to 11:50 a.m., May 18 — June 22. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$55 for residents; \$60 for nonresidents. Class will not meet May 25.

MAT PILATES

A 5-week session, Tuesdays, from 7

to 8 p.m., May 31 – June 28. Pilates movements tone the body from the inside out bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$70 for residents and \$75 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

SKY VALLEY TAI JI (Thursday)

A 5-week class for all levels, taught by Taj Johnson, May 26 —June 23. Thursdays, 9:30 to 10:30 a.m. Especially for beginners. \$55 for residents; \$60 for nonresidents.

SKY VALLEY TAI JI (Tuesday)

A 5-week class for all levels, May 31—July 5. Tuesdays, 9:30 to 10:30 a.m. \$55 for residents; \$60 for nonresidents. No class on June 28.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays from 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

CAREGIVERS SUPPORT GROUP

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and certified advanced social work case manager. Meets one Monday evening each month; check the calendar for date. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights

CHESS

An informal group plays chess on

Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. See the calendar and concert page for information.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Due to a reduction in staff, all help is now handled on the phone. Please call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned within two days.

SCRABBLE

This group of Scrabble players meets at the Center, Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with com-

munication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning each month to discuss books chosen by the group. See page 15 for details. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday each month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, May 4 — *Tales in the Village with Ellouise Schoettler* — Local artist, storyteller and *Tales in the Village* producer Ellouise Schoettler presents *Ready to Serve*, the little-known story drawn from the experiences of 64 nurses who served with the Johns Hopkins Base Hospital 18 during World War I.

Wednesday, May 11 — *Oklahoma: Mini-Musicals on the Move*— The traveling troupe presents selections from the musical *Oklahoma*. This groundbreaking musical was the first collaboration between Richard Rodgers and Oscar Hammerstein II. Their innovative approach changed the course of musical theater history.

Wednesday, May 18 — *Kinor Dance Company*— The troupe, under the direction of Artistic Director Barbara Supovitz, will perform *Ode*, a lyrical trio created to celebrate the 40th anniversary of the company, and *Jubilee*, created to celebrate the 40th anniversary of

Israel—both incredible milestones! The intense and emotional *Holocaust Suite* includes the dances *Darkness and Memories*, and *Dream of Hope, Dream of Despair*--a rare chance to see the composition performed in its entirety. *Women of the Bible* celebrates Miriam, Deborah, Ruth and Naomi; *Yemenite Dance* brings the exotic costumes and movement of the Jewish diaspora to life; and *Golden Celebration* joyously celebrates a 50th wedding anniversary.

Wednesday, May 25— *Friday Morning Music Club* — In the fall of 1886, a group of 15 women with a serious interest in music formed the Friday Morning Music Club, meeting at each other's houses monthly on Fridays to study and give private concerts. At the time, women trained in music had few outlets for performance, and the city's musical life was very limited. The Club became their musical home. Now, 130 years later, the group presents classical performances across the Washington area.

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TO YOUR HEALTH

Catching your Z's with ease

Getting a good night's sleep is critical to maintaining good physical and emotional health. Dr. Pavel Klein, director of the Mid-Atlantic Epilepsy and Sleep Center, will discuss common sleep disorders and the negative impact they can have on your health at this month's Suburban lecture at the Village Center on **Wednesday, May 11, at 1 p.m.**

The discussion will also look at available treatments for sleep problems.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: Focusing on blurred vision

Blurred or hazy vision can be caused by many different eye or general health conditions.

Learn about the spectrum of common or uncommon causes of blurred vision with Dr. Lauren Taney, an ophthalmologist with Washington Eye Physicians and Surgeons, at this month's Vision Support Lunch and Learn at the Village Center on **Thursday, May 19, from 12:30 to 1:30 p.m.**

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Caregivers Support Group: Connecting with others can help

Caregiving can inspire a range of emotions from fulfillment to frustration, guilt and anger. It helps to talk with other caregivers with similar feelings. The monthly support group for people caring for parents, partners or children with serious illness or dementia will next meet at the Village Center on **Monday, May 9, from 6:30 to 8 p.m.**

The meetings are led by Judith Bernstein of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager. Let us know if you plan to attend by calling 301-656-2797. The support group is a partnership of Brighton Gardens of Friendship Heights, a Sunrise Senior Living Community, and the Village of Friendship Heights. *Please note: the group is for caregivers only.*



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Enjoy a concert and tea



Come to a slightly belated Flag Day concert at the Village Center on **Wednesday, June 15, at 1 p.m.**, when Stephanie Phelan will sing patriotic songs and other favorites. Steffi is a singer, actor, director and teacher who has appeared in theaters around the area and up and down the East Coast. This will be her third concert at the Center. After the performance, stay for tea. RSVP to 301-656-2797.

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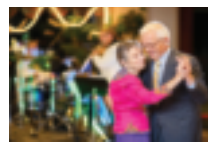
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Cafe Muse presents...

This month's Café Muse, on **Monday, May 16**, will feature poets Donald Berger and Barrett Warner.

Donald Berger is the author of *The Long Time*, a bilingual collection in English and German, and *The Cream-Filled Muse*. His poems have appeared in *The New Republic*, *Slate*, *Conjunctions*, *Colorado Review*, *Ironwood*, *The Iowa Review*, *TriQuarterly*, *The Massachusetts Review*, and magazines from Berlin, Leipzig, and Budapest. He currently teaches writing at Johns Hopkins University.

Barrett Warner is the author of the poetry volume *Why Is It So Hard to Kill You?* as well as two chapbooks: *My Friend Ken Harvey* and *Until I'm Blue in the Face*. He won the 2015 Tucson Book Festival essay prize, as well as the 2014 Salamander fiction and Cloudbank poetry prizes. His poems have appeared recently in *Chiron Review*, *Infinity's Kitchen*, *Be About It Zine*, *Poetry Fix*, *Bougainvillea Road*, *Lamp Lighter*, and elsewhere. In addition, he is the editor of *Free State Review*.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary

organization sponsoring public programs for over 35 years. Visit www.wordworksdc.com.

Coming June 20: Norma Chapman and Cammy Thomas

The Village Book Club will meet this month on **Tuesday, May 17, at 11 a.m.** The book selection is *Euphoria* by Lily King. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

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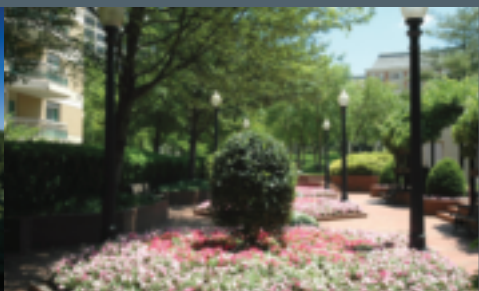
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The recording is updated at the beginning of each month.

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May 2016 events calendar